WEBINAR WORKBOOK

How *to* Harness *the* Power *of* Tapping *for* Maximum Healing *in* Minimum Time

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How to Use This Workbook

Even with the best of intentions, by the time this webinar is finished, you'll probably have forgotten half of what you learned.

There's good evidence that writing things down helps us remember them, especially when we use pen and paper, and that's why I created this workbook for you.

So print it out, grab a pen, and follow along. You'll absorb an incredible amount of information about how to use the gentle power of tapping to transform your life from the inside out.

Let's do this!

xoxo,
Heather

P.S.
The last page of this workbook is blank, so if you want to, you can write down extra notes there.

You deserve to live the life of your dreams.
Tapping will help you make it happen.

What's the #1 thing you would like to heal? For example, the pain of losing a loved one, childhood trauma, a fear, an insecurity, etc.

In what ways do you think your life would improve if you no longer had this issue?

Barrier #1: _____

Name 3 reasons resistance to tapping happens:

1) _____

2) _____

3) _____

What's the secret to releasing resistance to tapping?

Meet yourself _____.

What do elephants have to do with any of this?

Barrier #2: _____

What's usually lying beneath the surface of wishes and wants?

What kinds of issues can the wishes and wants technique be used for?

Barrier #3: _____

What is it usually necessary to do in order to permanently release a limiting belief?

What are three questions you can ask yourself to find the roots of a limiting belief?

1) _____

2) _____

3) _____

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ADDITIONAL NOTES